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Bangalore Mirror

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COME HOME

e-auto rally highlights adoption safety with emphasis on need to prioritise family-based alternatives over institutional care for kids with special needs

PAGE 2

AIM FOR SKY

Plan to shift foot traffic above streets so vehicles can move freely below: 78 more skywalks planned at busy junctions

PAGE 4

Nationwide study shows married individuals account for 52.7% suicide deaths with interpersonal conflicts emerging as leading cause of men and women taking extreme step

ONLY LOVE CAN BREAK YOUR HEART... AND MIND

Break-ups, separations, divorce too powerful triggers

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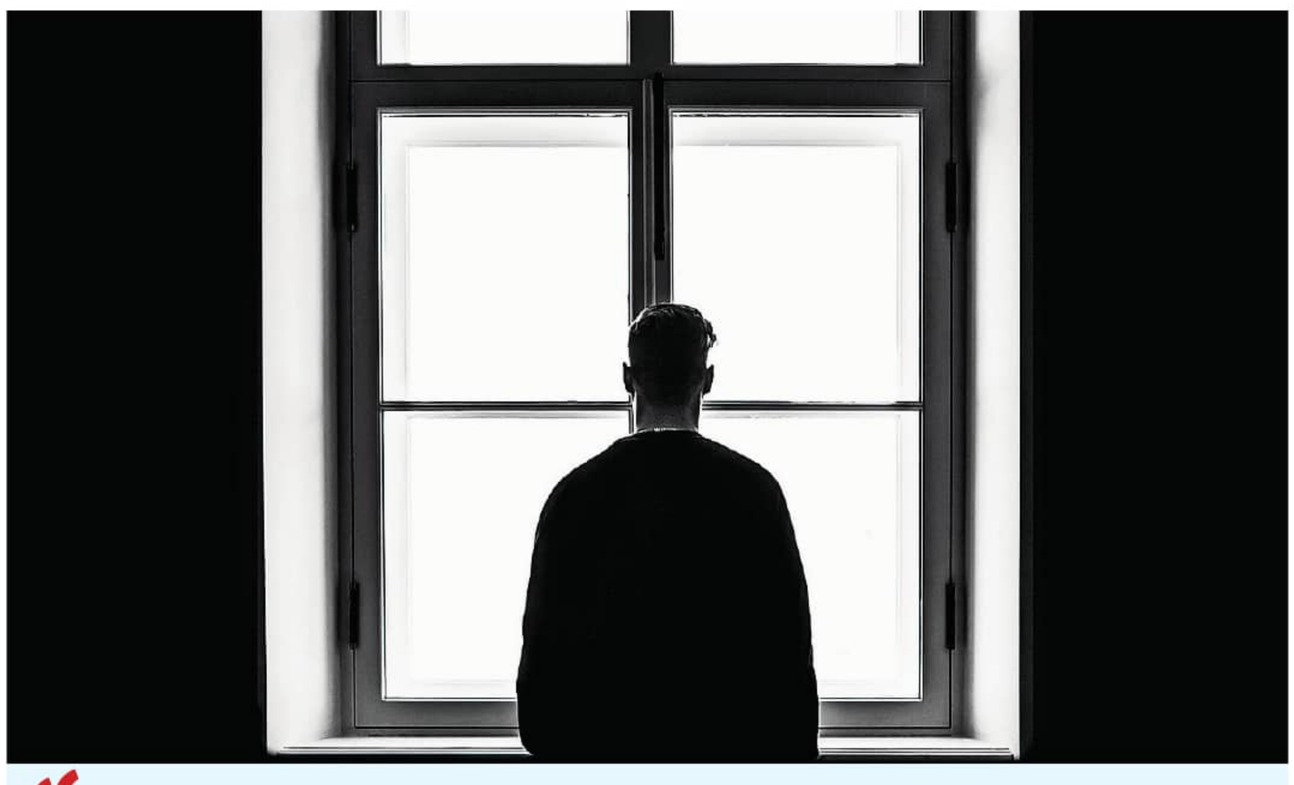

On Monday, the city witnessed yet another suicide that is being attributed to relationship strife. It is said that trouble with his wife drove 32-year-old Gagan Rao to suicide. Rao's is among the many cases in city that are being reported over interpersonal conflicts ranging from family disputes to troubled marriages and strained romantic relationships that has emerged as one of the leading triggers of suicides in India, according to new research. Recent national patterns show that married individuals account for 52.7% of suicide deaths, highlighting the rise in interpersonal conflicts as a major driver of suicides.

According to police, Rao and his wife had been involved in frequent quarrels since their wedding, and he had reportedly been distressed by ongoing domestic disputes.

After the incident, Rao's sister filed a complaint at the Girinagar Police Station, accusing his wife Meghana of abetting his suicide.

Doctors say the link between stressed relationships and sucide is more than an anecdotal observation.

> **"Women, especially housewives, often face additional cultural and gendered constraints that trap them in abusive or high-conflict environments. The psychological pain from severe rejection, humiliation, or chronic conflict can be as intense as physical pain**
>
> —Dr. Anish V Cherian, NIMHANS

Dr. Anish V Cherian, Additional Professor and Lead at N-SPRITE, NIMHANS, told BM, "The connection between

CONTINUED ON PAGE 6 »

Forgotten fungi

Knowledge about medicinal value of mushroom among B'luru's tribal communities is fading

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Traditional knowledge about the medicinal value of mushrooms among tribal communities in Bengaluru is fading gradually, says a study conducted by researchers from St. Joseph's University.

Researchers surveyed in Bengaluru South district, focusing on tribal communities such as the Soligas, Jenu Kurubas, Betta Kurubas, Hakki Pikki, and Yerava. While 120 species of mushrooms were identified in this study in the region, the local tribes could identify only 22 mushrooms, of which only three were consumed by the local inhabitants.

Experts say that while the region is rich in mushroom diversity, the economic and medicinal potential of these varieties remains untapped as the traditional knowledge fades from one generation to another.

To interact with local communities, researchers visited several rural areas, including Hirandahalli, Aduru, Bileshivale, Hoskote, Rampura, Avalahalli, Sulebele, and Nagashettihalli.

A deep generational divide in mushroom knowledge was noticed during the survey. While individuals aged 40 and above in these areas had a rich understanding of wild mushrooms, including their uses and traditional significance, among those aged 25–40, there was a decline in this knowledge. Moreover, those under the age of 25 were largely unfamiliar

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Art screens

The 30th European Union Film Festival (EUFF) opened in Bengaluru with the Austrian film Happy by Sandeep Kumar. The festival showcases 25 European films in 26 languages. Kumar will also host a filmmaking workshop, as EUFF 2025 celebrates diverse stories, cultural exchange, and Europe-India cinematic collaboration. **Where: Alliance Française de Bangalore, Goethe-Institut / Max Mueller Bhavan, Suchitra Film Society; When: Running until November 15**

02 Tune rush

Banyan Tree Events' flagship festival, TCS Ruhaniyat – Seeking The Divine, celebrates 25 years this season. Known for bringing alive the timeless messages of mystics and saints, Ruhaniyat has consistently presented music and mysticism across multiple cities in India, spreading love, peace, and unity. **Where: Jayamahal Palace Hotel Lawn; When: January 24, 2026, 6:15 pm**

03 Mini toons

The Indian Institute of Cartoonists (IIC) presents POCKET, an exhibition of selected best cartoons by Sri Ravikant Nandula, cartoonist with The Hindu Business Line. The exhibition showcases Nandula's wit, satire, and artistry, offering audiences a glimpse into contemporary issues through the lens of humour and sharp observation. **Where: Indian Cartoon Gallery, Sivanchetti Gardens; When: November 15 to 30, 10 am to 6 pm**

04 Laughter fiesta

Bengaluru's Phoenix Mall of Asia will host popular Kannada comedian Sonu Venugopal at the Fan Park. Known for her hit series Baaju Mani Kaaku and international comedy specials, Sonu promises an evening of witty storytelling, relatable sketches, and nostalgic humour. **Where: Fan Park, Phoenix Mall of Asia, Yelahanka; When: November 15, 7:30 pm**

05 Historical showcase

Virasat Art, Kolkata, in collaboration with Karnataka Chitrakala Parishath, is hosting a press conference to announce its upcoming exhibition, "Hindusthan File". **Where: Karnataka Chitrakala Parishath Auditorium, Seshadripuram; When: November 12, 12:30 pm**

'Every child deserves love, care, and a safe start to life'

E-auto rally champions permanent family care for abandoned and special-needs children

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To create awareness of the critical need for legal adoption and to secure the fundamental right of every child to a loving family, the District Child Protection Unit (DCPU) organised a women's e-auto rally as part of National Adoption Awareness Month in the city. The DCPU, in association with Shishu Mandir, launched the month-long adoption awareness initiative, AASARE(Adoption Assistance & Support for Abandoned, Surrendered & Orphaned Children – Responsibility & Ethically) on Tuesday. The women's e-auto rally commenced at the DCPU Office in KR Puram and concluded at Shishu Mandir, symbolising the journey towards providing permanent, family-based care for abandoned, surrendered, and orphaned children.

AASARE aims to connect every eligible child with a permanent family through Mission Vatsalya's transparent process. The campaign focuses on promoting legal adoption, raising awareness about the adoption process for children with special needs, and ensuring child safety through Mamatheya Thottilu (Cradle of Compassion). It strictly warns against the dangers and legal penalties associated with illegal adoption and child procurement.

Haleema, Project Director, Directorate of Child Protection, Bengaluru, reinforced the legal mandate for child safety. "The theme for this year — Non-Institutional Rehabilitation of Special Needs Children — draws attention to the urgent need to prioritise family-based alternatives over institutional care. Every child deserves love, care, and a safe start to life. Abandoning an infant not only endangers an innocent life but is also a serious offence under the law. We urge parents and citizens: if you are unable to care for a child or find an abandoned baby, please contact the nearest Child Protection Unit or call the 1098 helpline. Together, we can ensure every child is protected and cherished."

Reena Suvarna N, ACP, Whitefield & Senior Child Welfare Police Officer flagging off women's e-autorickshaw rally in the ciity on Tuesday

District authorities and Shishu Mandir launched a month-long campaign, AASARE, highlighting adoption safety, ethical practices, and support for vulnerable minors. Citizens urged to contact Child Protection Units or the 1098 helpline for abandoned infants

She said that illegal sale or procurement of children is punishable by rigorous imprisonment of up to five years and a fine of Rs 1 lakh under Section 81 of the Juvenile Justice (Care and Protection of Children) Act, 2015. "If committed by a person in actual charge of the child (such as a hospital or nursing home employee), it is punishable with imprisonment of between three and seven years and a fine of Rs 1 lakh," she added.

Meenakshi S Kabedi, District Child Protection Officer, Bangalore East, said that the 'Drive for AASARE' rally is more than a display of solidarity; it represents a firm commitment. "Through the AASARE campaign, we are determined to simplify the journey to legal adoption and ensure that every child in Bangalore East receives the warmth and security of a permanent family. Our goal is direct: to connect every eligible child with prospective parents through Mission Vatsalya's transparent process," she said.

Karnataka has 21 government and 24 private adoption agencies, with 1,540 children adopted in the last five years

- 2020–21 **256**
- 2021–22: **281**
- 2022–23: **223**
- 2023–24: **284**
- 2024–25: **306**
- 2025–26: **190**

Bengaluru Urban has six specialised adoption agencies, with 283 children adopted in the last five years

- 2020–21 **37**
- 2021–22 **44**
- 2022–23 **50**
- 2023–24 **52**
- 2024–25 **64**
- 2025–26 **36**

She also highlighted the campaign's focus on safety and ethics: "AASARE is dedicated to maintaining the highest standards in child welfare. Its emphasis on promoting Mamatheya Thottilu is crucial in preventing unsafe abandonment and ensuring that every child enters the adoption system legally and ethically. This represents a powerful and necessary step towards securing their future."

Reena Suvarna N, ACP, Whitefield & Senior Child Welfare Police Officer, SJPU, highlighted the essential role of law enforcement. "The Special Juvenile Police Unit (SJPU) is fully committed to upholding the legal framework of adoption. Awareness initiatives like AASARE are vital to educating the public on the severe risks and legal consequences of illegal adoption and trafficking. We stand ready to protect both adoptive families and children throughout the legal process," Reena Suvarna said.

Record lag: Only 5% of land files cleared

Under the Property Record (Pauti Khata) campaign, only 5% of the target has been achieved so far, with just two lakh cases updated in the names of heirs out of 41.62 lakh plots of land listed under deceased owners. Revenue Minister Krishna Byre Gowda has instructed tahsildars to expedite both the property record updates and the post-flood repair survey work, which have been delayed due to social surveys and heavy rainfall. During a video review meeting at Vikas Soudha, he emphasised that all pending work must be completed by December, with proper planning and accountability at every stage — from data entry to tahsildar approval. For flood repair work, 1.40 lakh cases have undergone surveys, while 1.50 lakh have been referred to the Missing Records Committee due to improper handling by tahsildars. **— BMB**

City rushes e-Khata drive, 7-day deadline set

Residents have been asked to submit applications for the final e-Khata for their properties within seven days, and for new accounts within sixty days, to the city municipalities. Final e-Khata applications involving account changes, corrections, or disputes will be processed within a month. Property owners can submit applications online and receive their final or new e-Khata without visiting any officials.

The faceless, contactless, online e-Khata system has been introduced to prevent delays, curb corruption, and eliminate intermediaries who previously collected money to influence officials. Authorities have been given deadlines for processing applications, with automatic approval systems ensuring that applications are handled in order of receipt.

While standard e-Khata issuance is quick, applications requiring modifications, objections, or investigations may take longer. Property verification is conducted online by AROs or caseworkers, so citizens do not need to meet officials in person. Over 25 lakh property e-Khata records are available online, and all applications can be submitted via the Bangalore One centres or the online portal to avoid corruption and delays, according to officials. **— BMB**

New forest centre sprouts at GKVK campus

The University of Agricultural Sciences, Bengaluru (GKVK), has inaugurated its first Forest Science Centre to train forest farmers, researchers, and local communities in sustainable, forest-based livelihoods. The initiative aims to promote afforestation, biodiversity conservation, and eco-friendly economic practices. Financial support for the centre's activities will come from the Indian Council of Forestry Research and Education (ICFRE), while the Institute of Wood Science and Technology (IWST) will provide technical collaboration and annual funding.

Under a memorandum of understanding, IWST will assist the university in implementing forestry research, training programmes, and demonstration projects. UAS Vice-Chancellor Dr SV Suresh said the centre will focus on the

sustainable use of natural resources, forest product value addition, and raising awareness among farmers and students.

The centre will establish research and demonstration facilities on the GKVK campus to develop high-quality saplings suitable for agroforestry, train farmers in afforestation and forest management, and conduct awareness programmes on forest conservation. The centre will also offer training in forest product value enhancement, reforestation, legal awareness, and nursery practices to distribute improved tree varieties to farmers.

— BMB

Firecracker scare sparks school chaos

Bengaluru has declared a high alert following a car blast near Delhi's Red Fort. Earlier on Monday afternoon, before news of the Delhi incident broke, panic spread at BS Bangipura School near Bannerghatta after a firecracker exploded inside the school toilet.

The loud blast startled students, staff, and residents in the surrounding area, many of whom initially feared it was a bomb. School authorities immediately inspected the site and confirmed that the noise had been caused by firecrackers.

Police teams from the Bannerghatta station rushed to the location and conducted an inspection. Police officials also visited the school, and the management staff were questioned regarding the incident. Classes were suspended for the day as anxious parents gathered at the school. Police officials examined CCTV footage to identify those responsible for setting off the firecracker.

During a press conference on Tuesday, City Police Commissioner Seemanth Kumar Singh stated that security has been tightened at major public places, including airports, bus and railway stations, malls, hotels, lodges, and metro stations. DCPs, ACPs, and police staff have enforced Naka Bandis across the city, conducting intensified vehicle checks and closely monitoring for any suspicious activity. **BMB**

Relative arrested over fatal theft

A 30-year-old farmer, addicted to alcohol, gambling, and prostitution, has been arrested for murdering his 86-year-old relative to steal her gold chain in Doddabanagere village, Tumakuru district.

The Sira Rural Police solved the case within days, arresting the accused, Sridhar, and recovering 53 grams of gold and two mobile phones worth ₹6 lakh. Police said Sridhar, who had fallen deeply into debt to fund his vices, targeted his elderly relative, Puttiramma, who lived alone.

On October 31, he went to her house under the pretext of visiting and attacked her while she was in the kitchen, strangling her to death before fleeing with her chain.

He later pawned the gold at a private bank in Bagalagunte for ₹2.01 lakh, using the money to buy new clothes and a mobile phone, and to spend on prostitution.

The complaint filed by the victim's son, Veeranna, a retired army man, helped the police trace Sridhar through local intelligence leads.

Investigations revealed that the accused is a habitual offender with previous cases of theft, extortion, and cheating. He has been charged with murder and remanded in judicial custody. **BMB**

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Cross-border horse-race betting ring collapses

Online horse-race gambling racket dismantled; delivery worker arrested, bank accounts frozen, WhatsApp groups linked to Bihar, Jharkhand, Uttar Pradesh

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The Avalahalli police have arrested a 25-year-old delivery worker for his alleged involvement in an online horse-race betting racket that operated across multiple states through encrypted WhatsApp groups. The accused has been identified as Shivakumar, a native of Chamanal Thanda in Yadgir district, who moved to Bengaluru around seven months ago.

Raid and seizure

Acting on credible information, police raided a rented house in Ramaswamy Layout, Electronic City 2nd Phase, on November 7. The operation, carried out under a warrant issued by the ACP and with permission from the High Court, was led by the investigating officer along with his team and five witnesses.

During the search, police seized two mobile phones, documents linked to bank transactions, and identified a bank account in the name of Shivakumar's mother holding ₹2.09 lakh, suspected to be proceeds from illegal betting.

Investigations revealed that the betting syndicate operated through WhatsApp groups named "R Powerful Group Indian 2" and "R Powerful Group International." Members circulated race charts and allowed participants to place bets on horses competing in races allegedly conducted in northern states such as Uttar Pradesh, Bihar, and Jharkhand.

"Once the race ended, those who had bet on the winning horse received the money directly into their accounts," said an investigating officer. "The transactions were masked through multiple small bank transfers routed via accounts created in different names."

Police suspect that the racket had cross-border connections, with handlers from other states using individuals in Karnataka to create mule accounts and act as local administrators for their betting groups.

During questioning, Shivakumar told police that he had been added to one of the WhatsApp groups three months ago by an unknown person and was later made an admin without his knowledge. He claimed he had been instructed to remain silent and was paid ₹500 daily for doing so.

"He moved to Bengaluru about seven months ago and had been part of the WhatsApp group for the past three months," a senior police officer said. "He had no idea about the extent of the illegal activity. He was receiving the money regularly and did not question it."

Further probe

As part of the investigation, police traced several mobile numbers linked to the betting group back to Uttar Pradesh, Bihar, and Jharkhand.

"These members, believed to be the main operators, were reportedly running the online betting network from Jharkhand while using youths from Karnataka to handle the technical and financial aspects," a senior police officer said.

"We have frozen the bank accounts and seized the mobile phones used for the transactions. The accused claims he was unaware of the betting operations. Our preliminary probe suggests that such groups are being controlled from other states, with local youngsters being used as fronts."

Police said a case has been registered under the relevant provisions of the Karnataka Police Act and the Information Technology Act, and further investigation is underway.

Vegetable vendor caught stealing high-end bikes

Adugodi police have arrested a 38-year-old vegetable vendor from Tamil Nadu's Tiruvannamalai district and recovered 42 high-end motorcycles that he allegedly stole from Bengaluru and sold to his relatives and friends back home.

The accused, identified as Kuppaswamy, used to travel to the city by bus, scout residential areas for motorcycles parked outside houses, and steal them using duplicate keys. He would then ride the stolen bikes to his hometown and sell them at throwaway prices to acquaintances.

Police said all 42 motorcycles were recovered based on his information. "Most of the vehicles were found being used by his relatives and friends without even changing the registration plates," an officer said.

City Police Commissioner Seemant Kumar Singh said that case details will be shared with Tamil Nadu police and the transport department to strengthen surveillance and prevent similar cross-border vehicle thefts in the future. **BMB**

Father-son duo nabbed for ₹1.6 crore gold scam

The Halasuru Gate police on Tuesday arrested a father-and-son duo from Rajasthan for allegedly cheating a city-based jeweller of gold ornaments worth ₹1.6 crore.

The accused, identified as Rajendra Kumar and his son Jeevan, residents of Nehru Nagar in Sheshadripuram, run a jewellery business and had been purchasing ornaments from the complainant — a jeweller from Nagarthpet — on a profit-sharing basis.

According to police, between July 28 and September 4, the duo collected several gold ornaments from the complainant on the pretext of selling them, but neither returned the ornaments nor paid the sale proceeds.

Despite repeated reminders, they allegedly evaded payment, prompting the jeweller to approach the police and lodge a complaint on September 8.

Acting on the complaint, Halasuru Gate police traced and arrested the accused at their residence.

"During questioning, the two initially claimed they had suffered business losses and were unable to repay. However, further investigation revealed that they had melted the ornaments into a single gold bar and hidden it at their house," a police official said.

Based on their information, police recovered a 1.3 kg gold bar worth around ₹1.6 crore from their residence. The duo has been charged with cheating and criminal breach of trust and remanded to judicial custody, officials added. **BMB**

Drug peddler arrested with ₹1.07 crore MDMA

A 30-year-old software engineer from Liberia has been arrested by Avalahalli police for allegedly peddling drugs. Officers seized 537 grams of MDMA, valued at ₹1.07 crore, from his rented home in Bidarahalli.

The accused, identified as Coundeh Prince, had arrived in India on a business visa but allegedly overstayed and turned to drug trafficking. Acting on a tip-off, police raided his residence, recovered the contraband, and booked him under the NDPS Act.

Investigators are now working to trace the source and supply network of the seized drugs. **BMB**

New skywalk push to curb city pedestrian deaths

Massive pedestrian infrastructure plan seeks to separate walkers from vehicles, minimise accidents, ease road bottlenecks, and strengthen city's traffic management system

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Bengaluru is preparing to take pedestrians off the ground and traffic off the edge. Though the city already has 82 skywalks, the Greater Bengaluru Authority (GBA) now plans to add 78 more at busy junctions to ease daily congestion. The idea is to shift foot traffic above the streets so vehicles can move freely below. Traffic Joint Commissioner Karthik Reddy says the move is essential, noting that "clearing pedestrian traffic within 30 seconds is nearly difficult."

The proposal, drafted by Joint Commissioner Karthik Reddy, was recently forwarded to GBA Chief Commissioner M Maheshwar Rao, who confirmed that the plan has been approved in principle. According to GBA officials, the skywalks will be strategically located at 78 junctions with heavy footfall, where pedestrian movement often slows down traffic and increases the risk of accidents. "This project is an effort to incorporate pedestrian-friendly infrastructure without compromising mobility for motorists," officials added.

NCRB data shows that Bengaluru recorded 292 pedestrian fatalities in 2023, accounting for 9.48% of such deaths across 53 major cities—placing the city at the top of the list. The city had reported 233 pedestrian deaths last year, and before 2024, the number stood at 287.

Key areas include stretches of the Outer Ring Road (ORR) near Bagmane Tech Park, NCC Apartment, and Kadrenahalli Cross

NCRB data shows that Bengaluru recorded 292 pedestrian fatalities in 2023, accounting for 9.48% of such deaths across 53 major cities—placing the city at the top of the list

Karthik Reddy explained, "This initiative isn't only about reducing pedestrian accidents, it's also about addressing the practical challenges we see on the ground every day. Clearing pedestrian traffic within 30 seconds is extremely difficult at busy junctions, and even when zebra crossings are available, people find it hard to navigate through fast-moving vehicles. Heavy footfall slows down traffic, creating bottlenecks and increasing the risk of accidents. That's why we've requested skywalks at these highly congested points. By moving pedestrians safely above the road, we can ensure smoother movement for both walkers and motorists and significantly ease overall traffic flow."

GBA officials said, "These projects are likely to be taken up by private contractors, though a final decision is still pending. We are also in a transition phase from BBMP to GBA, so the budget for the skywalks has not been allocated yet."

The skywalks are proposed for several busy junctions across Bengaluru. Key areas include stretches of the Outer Ring Road (ORR) near Bagmane Tech Park, NCC Apartment, and Kadrenahalli Cross. Major arterial roads are also targeted, including points on Mysore Road, Old Airport Road, Tumkur Road, and Hosur Road—particularly around major bus stops and hospitals such as the Satellite Bus Stand and Nimhans. The proposal also covers dense, inner-city areas like Richmond Road, Miller Road, Malleshwaram, and key junctions near Silk Board, Jalahalli Cross, and KR Puram, among others.

The city already has 82 skywalks, 63 of which were built under the PPP model. However, urban strategist Vinod Jacob notes that several of these structures are poorly maintained. "Many lifts don't function, and people avoid using the skywalks because they can't climb the stairs. Cleanliness is another major concern," he said. "Pedestrian safety must be a top priority in city planning. We need skywalks at every busy junction to protect pedestrians, especially children, senior citizens, pregnant women, and differently-abled people. Functional lifts are essential to ensure accessibility for all. Such measures will not only reduce accidents and fatalities at major intersections but also create safer spaces by separating vehicular and non-motorised transit," Jacob added.

Carmelaram finally sees long-awaited road relief

After months of delay and uncertainty, residents of Carmelaram finally have reason to cheer. The long-pending asphalting work on Carmelaram Railway Road has begun, starting from D-Mart towards Janatha Colony, bringing much-needed relief to commuters who have been navigating potholes and dust for months.

The work, which had been stalled for several months due to administrative and land ownership issues, gained momentum soon after Bangalore Mirror highlighted the neighbourhood's plight in a recent repo According to residents, about 350 metres of the 1.5 km stretch has already been asphalted. "A surveyor recently visited to share sketches with landowners. A few properties still have pending documentation and ownership concerns, but it feels like things are finally moving in the right direction," said a long-time resident. Another commuter added that the ongoing work has brought visible relief. "We've been requesting this for over a year. The road had become unsafe during rains — now, at last, there's progress," he said.

— BMB

RERA rejects BDA plea, orders registration

The Karnataka Real Estate Regulatory Authority (RERA) has rejected the Bengaluru Development Authority's (BDA) plea for exemption from its jurisdiction and directed it to register the Nadaprabhu Kempegowda Layout (NPKL) project under RERA. Responding to a complaint over development delays, BDA had argued it was a statutory body and not a "real estate promoter," hence outside RERA's purview. Dismissing this claim, RERA cited provisions of the Real Estate (Regulation and Development) Act, defining any public body engaged in selling or developing plots or buildings as a "promoter." Therefore, BDA cannot be exempted. RERA clarified that while the 1976 BDA Act governs land planning, the 2016 RERA law protects homebuyers. It directed BDA to register the layout with complete project details, approvals, financial disclosures, and progress reports.

— BMB

Bengaluru west boosts dog control, cleanliness

Bengaluru West City Corporation has intensified its efforts to manage 63,340 community dogs, completing 4,068 sterilisation surgeries and administering 27,581 anti-rabies and combined vaccines so far, officials said. Commissioner Dr K V Rajendra has directed teams to fast-track sterilisation programs, simplify ABC–ARV tender procedures, promote dog adoption, designate feeding zones, and conduct awareness campaigns in line with Supreme Court and Animal Welfare Board of India guidelines.

Simultaneously, the Corporation has launched a massive cleanliness drive across major roads, markets, and residential areas, with special focus on Indira Canteens. Progress will be tracked through a new monthly Ward Swachcha Sarvekshan Ranking, awarding star ratings for cleanliness and efficiency. Officials confirmed sufficient stock of ARV vaccines to meet public demand.

— BMB

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Lake neglected
Kithiganur

Kithiganur Lake, opposite Cosmos Nandana, suffers fresh damage despite crores spent on rejuvenation.

Dumping zone
Kaggadaspura

Waste dumping on 6th C Cross, Kaggadasapura, causing major nuisance; residents urge BBMP for swift clearance.

Unsafe stretch
Margondanahalli

Margondanahalli Main Road remains untarred, posing constant danger to two-wheeler riders.

Eligibility row erupts over judge appointment

The Karnataka High Court on Tuesday issued a notice to the Registrar General in response to a public interest litigation (PIL) challenging the appointment of a district judge. The petitioner has questioned the eligibility of the appointee, alleging that she lacked seven years of continuous practice as an advocate on the final date for application submission.

A Division Bench comprising Chief Justice Vibhu Bakhru and Justice C M Poonacha issued the notice while hearing the plea filed by Advocate Chetana Parutabadi. The Bench observed, "We want to see if this issue has been considered," and posted the next hearing for January 29, 2026.

The petitioner sought interim relief to stay the appointment order and alternatively requested that the appointee not be assigned judicial work until the matter is resolved. However, the request was not pressed during the hearing.

The plea contends that the appointee, Geeta Shinde, did not fulfill the eligibility criterion of seven years of continuous practice mandated under Article 233(2) of the Constitution. It further alleges that Shinde, while serving as a full-time Assistant Professor at Law Wings Educational Trust, Bengaluru, from 2019 to 2022, was not engaged in active legal practice. The petition claims that this deprived eligible Scheduled Caste candidates of fair consideration.

IN COURT

The PIL seeks to quash the appointment orders dated November 27, 2024, and August 21, 2025, and calls for the vacancy to be renotified, citing the Supreme Court's ruling in Rejanish K V v K Deepa (2025 SCC OnLine SC 2196).

—BMB

Tech solutions sought to curb dumping

The Karnataka High Court has expressed deep concern over the growing menace of unauthorised waste dumping across the state, terming it a serious threat to public health and the environment. Observing widespread non-compliance with waste management norms, the Bench directed the State government and civic bodies to adopt a technology-driven framework to curb illegal dumping.

Hearing a batch of petitions on poor enforcement of solid waste management rules, the Division Bench noted that despite repeated directions, civic authorities have failed to implement effective systems for segregation, collection, and disposal. It observed that unchecked dumping of solid and biomedical waste in open spaces and water bodies poses severe risks to ecological balance and human life.

"The menace of unauthorised waste dumping cannot be treated as a routine municipal issue. It directly affects citizens' health and sanitation," the Bench remarked. It instructed the Karnataka State Pollution Control Board (KSPCB), local bodies, and district administrations to create an integrated monitoring system using geo-tagging, real-time tracking, and data analytics to identify and penalise violators.

The Bench sought an action plan within four weeks detailing mobile-based complaint mechanisms and automated tracking of waste collection, stressing the need for transparency and accountability. The State was also directed to align the proposed system with Solid Waste Management Rules, 2016. —BMB

Grand prison reform plans gather dust over decades

Cycle of prison inquiries continues endlessly, each report buried, leaving corruption, favouritism, and inefficiency firmly entrenched

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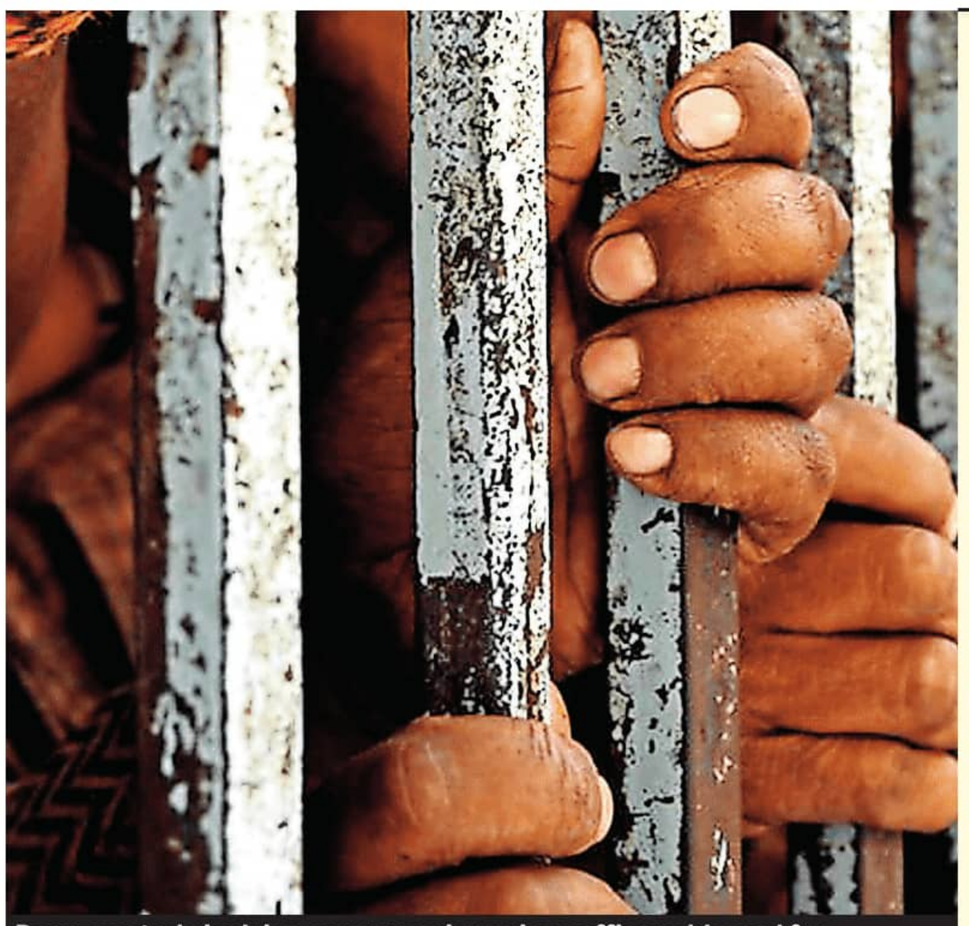

Deep-rooted rivalries among senior prison officers blamed for Karnataka's administrative decline

In a striking example of bureaucratic apathy, four high-level committees formed over the past decade to reform Karnataka's prisons have seen their reports shelved without action. Now, yet another panel—headed by ADGP R Hitendra—has been constituted, raising questions about whether the government has learned anything from the repeated failures and scandals plaguing the state's jails.

The first major inquiry, led by former CID DGP Bipin Gopalakrishna in 2014, followed the sensational escape of serial rapist Jaishankar from Parappana Agrahara Central Prison. Despite the committee's detailed report to the government, there is no evidence of its recommendations ever being implemented. Then came the Vinay Kumar Committee in 2017, set up after Tamil Nadu politician V K Sasikala was accused of receiving VIP treatment inside the same prison. Eight years later, that report remains locked away, never made public.

In 2022, the Murugan Committee, headed by ADGP S Murugan, was formed after videos surfaced showing terror suspects and inmates using mobile phones inside the high-security jail. While a few officials were transferred, most of the committee's recommendations were ignored. The most recent, the Chandraguptha Committee in 2024, investigated allegations that actor Darshan and his associates received royal treatment in custody following the Renukaswamy murder case. The IGP's exhaustive report exposed rampant irregularities and suggested systemic reforms, including changes to transfer policies and mandatory psychological counselling for staff. Four months after its submission, that report too lies buried in government cupboards.

Activists said that with every new controversy, the state announces yet another "reform panel," but the cycle of neglect continues. Despite repeated wake-up calls, Karnataka's prison system remains mired in corruption, favouritism, and inertia—proving that when it comes to jail reform, no lessons have truly been learnt.

Power struggles within

Deep-rooted internal rivalries among senior officers in the Karnataka Prison and Correctional Services Department have been cited as a major reason for its steady decline. Sources within the department admit that infighting, political lobbying, and power struggles for plum postings have severely weakened prison administration and accountability.

Karnataka has nine central prisons—in Bengaluru, Mysuru, Mangaluru, Belagavi, Kalaburagi, Vijayapura, Ballari, Dharwad, and Shivamogga—divided into three zones headed by DIG-rank officers (Central, North, and South). The administrative wing also includes AIG-level posts. However, the most coveted position remains that of the Chief Superintendent of Bengaluru's Parappana Agrahara Central Prison—the state's largest jail housing nearly 5,000 inmates.

According to senior officials, the race for this post has turned toxic. Political influence and lobbying reportedly decide key appointments, while those sidelined often attempt to undermine rivals by exposing irregularities or enabling illegal activities within the system. "The fight for power and prestige has compromised integrity. Internal politics, not reform, drives the department today," an officer lamented.

Liquor, music, and mayhem inside prison

A day before Home Minister G. Parameshwara ordered a crackdown on prison staff over alleged VIP treatment at Bengaluru's Parappana Agrahara Central Prison, investigators had already traced four inmates behind a viral dance video that exposed the latest scandal inside the high-security facility.

The probe identified the undertrials — Karthik alias Chitte, Dhananjaya, Manjunatha, and Charan Rao — seen dancing to loud music, banging plastic cans and plates as makeshift drums, and allegedly consuming liquor with snacks inside Room No. 7 of Barrack 8. The November 9 video, shot on a smuggled phone, triggered public outrage and an internal inquiry.

Based on a complaint from suspended prison official Imamsab Myageri, the four inmates were booked under the Karnataka Prisons Act and Section 323 of the Bharatiya Nyaya Sanhita. Investigators are probing how banned items entered the jail and who recorded and leaked the footage.

Following the incident, Dr. Parameshwara suspended two officials and transferred the Chief Superintendent, warning that prisons must remain correctional spaces — "not venues for parties and privileges."

—Atiya Firdos

IN BRIEF

Darshan case hearing postponed to Nov 19

In the Renukaswamy murder case from Chitradurga, the prosecution on Monday urged the Bengaluru Sessions Court to accept 10 key documents containing witness details and evidence gathered by investigating officers. The hearing was held before Judge I P Nayak of the 57th Additional City Civil and Sessions Court. Public Prosecutor Prasanna Kumar filed the plea under Section 294 of the Criminal Procedure Code, seeking permission to admit the documents as part of the trial after obtaining the accused's consent.

However, defense lawyers representing actor Darshan and other accused requested two weeks to examine the documents before submitting their response. Granting the plea, the judge adjourned the hearing to November 19 for the defense's reply. —BMB

Funds shifted from white-topping to asphalt fix

The state finance department has approved diverting funds originally allocated for white-topping city roads toward asphalt resurfacing, citing persistent project delays. Last week, the cabinet sanctioned ₹1,241.57 crore for road infrastructure upgrades across all city corporations after public outrage over the poor state of arterial and sub-arterial roads.

Officials said the Greater Bengaluru Authority (GBA) argued that asphalting would offer immediate improvement, easing congestion and ensuring smoother travel. The department's order noted ongoing commitments of ₹4,200 crore for white-topping and ₹2,400 crore for buffer roads this fiscal year, with ₹3,000 crore earmarked annually from 2025–26.

Though neither option ensures a lasting solution, asphalting was considered a practical short-term fix. Under the B-SMILE initiative, white-topping of 150 km of city roads is underway, including 1.9 km on J.C. Road, where traffic snarls have worsened. —BMB

Karnataka family courts struggle with backlog

Though Karnataka shows strong disposal rates, rising pending cases reveal strain on its 41 family courts handling growing disputes statewide effectively

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While efficiency remains commendable, the swelling backlog shows families still wait years for closure — signalling an urgent need for more judges and smarter case management systems

Karnataka continues to rank among the top states in India for family court cases, with a significant number of cases registered, disposed of, and pending. According to data shared by Union Minister of State for Law and Justice Arjun Ram Meghwal, the state recorded 29,391 cases in 2023, placing it 11th nationwide, while in 2024, it registered 29,217 cases, ranking 12th. Though there was a slight dip in new case registrations, the demand for family court services remains steady. The state has 41 functional family courts handling a substantial volume of family disputes. In 2023, Karnataka accounted for 3.56% of India's total 8,25,502 cases, while in 2024, its share stood at 3.11% of 9,39,100 cases. By February 28, 2025, Karnataka had already recorded 5,246 cases, making up 3.70% of the country's total 1,41,755 cases registered that year.

On the disposal front, Karnataka has shown both efficiency and strain. In 2023, it resolved 30,409 cases, contributing 3.68% of India's total 8,26,889 disposals, ranking 10th nationally. However, in 2024, the number slightly dropped to 27,829 cases—3.09% of the 9,00,301 disposals across the country—placing the state 11th. As of February 28, 2025, Karnataka disposed of 5,033 cases, accounting for 3.76% of India's total 1,33,634 resolved cases.

Despite its consistent performance, the backlog continues to grow, underscoring the pressure on the state's judicial system. In 2023, Karnataka had 38,407 pending cases, representing 3.36% of India's total 11,43,915 pending cases. By 2024, the number rose to 39,795, or 3.19% of the national total of 12,48,542 pending cases. As of February 28, 2025, the state's pending tally stood at 40,010—again forming 3.19% of India's total 12,55,525 pending cases.

While Karnataka's overall caseload is lower than larger states like Uttar Pradesh, which operates 189 family courts, its consistent ranking among the top 12 reflects the growing demand for family dispute resolution. Experts say the rising pendency highlights the need for more courts, better case management systems, and stronger judicial infrastructure to ensure timely justice. "Karnataka's family courts play a key role in delivering justice, but addressing the backlog will require enhanced efficiency and reforms," Meghwal said.

Unbearable weight of bonds

CONTINUED FROM PAGE 1

interpersonal conflict and suicide is supported by strong statistical evidence, especially in India. National data consistently identifies 'family problems' as a major contributing factor." According to a major study analysing suicides in India from 2014–2020, family problems were the leading cause of suicide among women, accounting for 36.3% of all female deaths by suicide. The trend is not limited to women. Between 2014 and 2021, suicides among men attributed to "family problems" increased by an alarming 107.5%, underscoring the issue as a rapidly growing risk factor across genders.

Dr. Cherian explains, "When we look more closely at specific relationships, the data is just as stark. 'Intimate Partner Problems', a 2025 study in India focusing on young adult males, found that approximately 60% of suicides were associated with intimate partner problems (like conflict, infidelity, or separation). When it comes to marital status, in South Asia, including India, married individuals constitute a slight majority of suicides (around 52.7%), underscoring that being in a relationship does not automatically protect against suicide if that relationship is in distress."

The data shows that "family problems" often stem from three key forms of relationship distress. The largest category is family conflict and marital discord, including spousal fights, tensions with in-laws, dowry harassment, unresolved marriage disputes and intimate partner violence. The second involves romantic or partner breakups, separations or divorce. The third is parent–child conflict, especially among youth facing academic pressure, generational gap or a perceived failure to meet expectations.

According to doctors, relationships are a potent risk factor because they are fundamental to our psychological survival. "When they break down, they strike at the core of our well-being in several ways such as loss of belonging, loss of the protective buffer, cultural & gendered dynamics, and acute emotional pain." Dr Cherian added that in India, marriage and family are closely tied to honour and identity, so conflict in these areas brings shame and a sense of failure.

"Women, especially housewives, often face additional cultural and gendered constraints that trap them in abusive or high-conflict environments. The psychological pain from severe rejection, humiliation, or chronic conflict can be as intense as physical pain. It can overwhelm a person's coping abilities and, in some cases, trigger impulsive suicidal acts as a perceived escape from this pain," he added.

Resources to seek help

For anyone feeling distressed, hopeless, or overwhelmed by relationship problems, please know that immediate, confidential, and free help is available.
Tele-MANAS: Dial 14416 or 1800-891-4416. This is the Government of India's 24/7 national tele-mental health helpline. SAHAI: 080-25497777;
Local Emergency Care: In an acute crisis, go to the nearest emergency department of a hospital with psychiatric services (for example, NIMHANS in Bengaluru).

Upa Lokayukta slams neglect at Mysuru sports girls' hostel

Justice KN Phaneendra's surprise inspection exposes shocking neglect—snakes, rotten food, and unhygienic facilities spark state-level accountability calls

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TWEETS @BangaloreMIRROR

Karnataka Upa Lokayukta Justice KN Phaneendra expressed displeasure and disappointment over the pathetic condition of the sports girls' hostel near Chamundi Vihar Stadium in Mysuru and registered a suo motu complaint against the officials. Justice Phaneendra, along with a team of officials, visited the hostel on Sunday and directed authorities to take immediate measures to rectify the problems and ensure accountability from the concerned departments.

"I have never visited a hostel in such a deplorable condition. Officials are merely working for namesake and not in line with the objectives of the government schemes. These officials are proving dangerous to the hostel rather than being of any help. When questioned, they give evasive answers, claiming they will fix the problems," said Justice Phaneendra.

He further remarked that the negligence and misconduct of officials have let down Mysuru, a city known for its cleanliness, beauty, and health. "It is a shame on these officials for failing to maintain the hostel properly. I have registered a complaint to ensure that the inmates receive all necessary facilities," he said, adding that he would bring the matter to the notice of the district in-charge minister and the state government, urging them to inspect other girls' hostels across Karnataka and take corrective measures without delay.

During the inspection, Deputy Director Bhaskar Nayak and hostel warden Nethra assured the Upa Lokayukta that all identified issues would be addressed and a compliance report submitted within two months. Justice Phaneendra also directed the state government to appoint a permanent government employee as the hostel warden, pointing out that the current warden, Nethra, serves on a contract basis.

The inspection revealed alarming lapses in infrastructure and hygiene. Snakes were reportedly entering rooms due to overgrown weeds and unhygienic surroundings. Windows lacked protective meshes, toilets and bathrooms were dirty with broken latches, and the water sump had not been cleaned for a long time. Food discrimination was also noted, with senior inmates receiving good-quality eggs while juniors were served rotten ones. Students were reportedly forced to clean the premises when the maintenance staff failed to do so, raising concerns about their safety and dignity.

Upa Lokayukta Justice KN Phaneendra inspecting the storage room of the girls' hostel in Mysuru

The library was found empty, with no books for students to use, and four computers had been defunct for months. The hostel generator had not been repaired despite repeated complaints, and the volleyball court was unfit for play due to lack of maintenance and poor lighting conditions.

Describing Justice Phaneendra's surprise inspection as a commendable act, child rights activist Nagasimha G Rao said the move upholds children's rights and strengthens accountability. "Article 25 of the United Nations Convention on the Rights of the Child explicitly states that authorities must periodically review the conditions and facilities provided to children in care as a fundamental right. Similarly, regular visits to anganwadis, schools, play homes, child care institutions, and residential hostels can help identify and rectify irregularities and shortcomings," he said.

Rao added that such proactive oversight promotes transparency and accountability in public institutions while contributing to the holistic development and well-being of vulnerable children across the state, ensuring that government welfare schemes truly reach those in need.

GKVK FLOWER MARKET: SKEPTICISM RISES AS OFFICIALS TO MEET TODAY

Citizens have been questioning plans to translocate 942 trees from inside ecologically rich campus

Officials from the Agricultural Produce Marketing Committee (APMC), Department of Horticulture, and Gandhi Krishi Vigyana Kendra (GKVK) are meeting on Wednesday to discuss the establishment of the international flower market project on five acres of land inside the GKVK campus.

As per the meeting notification, officials are also expected to deliberate on the translocation of 942 trees proposed to be felled to make way for the market. However, city-based activists and environmentalists have raised concerns, citing the poor success rate of tree translocation efforts carried out by various agencies in Bengaluru.

"If translocated, nearly half of the total trees will not survive, as this has been the success rate of translocation done by different agencies in the city. Moreover, if the government can identify a parcel of land to translocate these trees, it would be better to shift the flower market there instead. Translocation is also a costly affair," said city-based tree activist Vijay Nishant.

K-RIDE's report shows barely 54% tree survival, raising doubts about the government's costly translocation plans for the proposed international flower market

A recent report by the Karnataka Rail Infrastructure Development Company Limited (K-RIDE) on the condition of translocated trees from various sites of the Bengaluru Suburban Rail Project underscores these concerns. Between January and September 2025, the success rate of translocated trees was barely 54%. The report recorded an overall survival rate of 55% during the first quarter (January to March), a little over 55% in the second quarter (April to June), and 52% during July to September.

Experts have also pointed out that decisions related to tree translocation fall under the purview of the Tree Expert Committee (TEC), which can only act following a formal request and inspection. "The translocation of trees is decided by the TEC. The committee makes this decision based on an application submitted by the concerned authority detailing the number of trees proposed to be felled," said a city-based environmentalist.

However, according to the Deputy Conservator of Forests (DCF) of the Greater Bengaluru Authority (GBA), no such application has been received so far. "We have not received any application for the removal of trees for the flower market project at GKVK. Any inspection by the TEC can happen only after we receive a request from the concerned authority," said Sudarshan GK, DCF, GBA.

The state government's plan to establish the international flower market on the GKVK campus has already drawn stiff opposition from local residents, students, and university staff. They argue that the trees proposed to be felled are of horticultural and ecological significance.

The list includes important horticultural species such as cashew, mango, coconut, pomelo, and jackfruit, alongside forest species like mahogany and silver oak, all part of a 12- to 13-year-old plantation. Notably, the site also houses 422 cashew trees aged 13 years, representing multiple varieties that serve as a vital resource for student education, farmer training, and ongoing research activities.. —BMB

DELHI BLAST UPDATES

'Pulwama doc was driving car'

The Red Fort blast probe was handed over to premier anti-terror agency NIA on Tuesday as investigators zeroed in on a Pulwama doctor with links to a terror module busted with the recovery of explosives mainly from Faridabad. Dr Umar Nabi was driving the car that exploded and is believed to be one of the 12 people killed, officials said.
A day after the blast on Monday evening, Jammu and Kashmir police took a DNA sample from his mother to establish the connection.
"We have taken the DNA sample in order to match with the parts found at the scene of the blast," an official said in Srinagar. The case was given to the National Investigation Agency after a review meeting chaired by Home Minister Amit Shah. This is a clear indication that the blast is being considered an act of terror as the NIA is mandated to probe terror cases only. BMB

Arrested woman doc part of organisation formed by JeM

A woman doctor, who was among eight people arrested after the busting of an inter-state terror module, was part of the newly formed Jamaat-ul-Mominaat, an organisation launched by banned Jaish-e-Mohammed last month, officials claimed on the basis of preliminary investigations.
Dr Shaheen Sayeed, who was taken to Srinagar on Monday and placed under arrest, is alleged to be part of Jaish-e-Mohammed's (JeM) women recruitment wing in India.
The officials alleged that Dr Sayeed, believed to be in her mid 30's and part of the Al-Falah university in Faridabad, was in touch with her handler in Pakistan with possible instructions to recruit more and more women for terror activities.
In Lucknow, her father pleaded his ignorance about her involvement in terror activities and said that he had come to know about her arrest through media only.
Jamaat-ul-Mominaat was formed after the banned JeM decided to form its women unit. PTI

Car was in parking lot of Red Fort complex for 3 hours

Teams from the National Investigation Agency (NIA) and forensic experts on Tuesday conducted an extensive investigation at the site of the car blast near Red Fort in Delhi.
The car blast claimed the lives of at least eight people, while several others were left injured.
Delhi Police on Tuesday traced the 11-hour route map of the Hyundai i20 car, in which the blast near the Lal Quila metro station took place on Monday evening.
During the investigation, it was discovered that the car had departed from Faridabad for the Red Fort 11 hours prior and had passed through several locations during the journey.
The CCTV footage revealed that the car was first seen outside Asian Hospital in Faridabad at around 7:30 a.m. on Monday.
At 8.13 am, the car crossed the Badarpur toll plaza and entered Delhi; meanwhile, it was spotted near a petrol pump close to the Okhla Industrial Area at 8.20 am.
The car entered the parking area near the Red Fort complex at 3.19 pm, where it remained parked for around three hours. ANI

INBRIEF

Venkatesh Prasad to contest for KSCA president's post

A Former India pacer Venkatesh Prasad will contest for the president's post in the upcoming elections at the Karnataka State Cricket Association (KSCA), and his panel received strong backing from stalwarts Anil Kumble and Javagal Srinath.
The KSCA election is scheduled for November 30, and the candidates can file their respective nominations from Wednesday until November 16.
The Raghuram Bhatt-led dispensation's tenure ended on September 30.
"I will be contesting for the post of president. We need to get cricket back to Chinnaswamy Stadium, and for that we need an administration free of back-seat driving," said Prasad in a press meet to announce his candidature. PTI

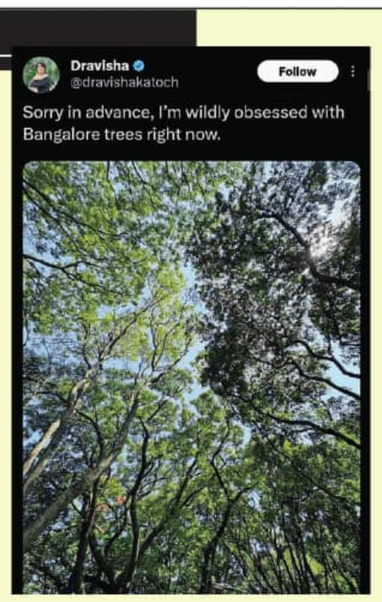
'Kalaloka' store at airport to showcase GI products

Chief Minister Siddaramaiah on Tuesday inaugurated the attractive and well-equipped Kalaloka store set up by the Department of Industries at Terminal 2 of the Kempegowda International Airport in Bengaluru. The initiative aims to showcase and sell Karnataka's pride and uniquely GI-certified products — to both domestic and international travellers.
The Chief Minister inaugurated the store by painting a symbolic artwork and ringing a ceremonial bell.
Speaking after the inauguration, CM Siddaramaiah said, "This is a moment of joy in the industrial sector of Karnataka. The Kempegowda International Airport ranks third in the country in terms of passenger traffic, with tens of thousands of travellers arriving every day." PTI

SOCIALTATTLE

That went viral

A post by user @dravishakatoch was shared expressing fascination with Bengaluru's trees, saying, "Sorry in advance, I'm wildly obsessed with Bangalore trees right now." The post featured pictures of trees in the city, following a series of similar posts by other users who had also shared images capturing the tree canopies and "empty" channels between them.



What's Tweeting

A post by user @arijitdas2603 tagged @GBA_office, @GBAChiefComm, @DKShivakumar, and @ICCCBengaluru, highlighting the poor condition of the road at Somasandrapalya Circle in HSR Layout Sector 2. It was stated that the road had been dug up and a drain constructed about four to five months ago, but was left in a damaged and unsafe state.
A video attached to the post showed an auto-rickshaw and a car struggling to navigate the uneven stretch.

Arijit Das
@arijitdas2603
Follow
@GBA_office @GBAChiefComm
@DKShivakumar @ICCCBengaluru
Location: Somasondrapalya circle, hsr layout sector 2.
Road dug up, drain built 4-5 months back. This is how your people left the road. Totally unsafe. @ChristinMP_

Bangalore Mirror tagged

A post by user @vinodblru was shared tagging a Bangalore Mirror story on newly built toilets, with a remark questioning maintenance and accountability. It was stated that "the key lies in maintaining infrastructure that is built, rather than wasting taxpayers' money. Projects should be built, operated, and maintained — not transferred without accountability only to see them fail." The post tagged @siddaramaiah, @DKShivakumar, @GBAChiefComm, @GBA_office, @BBMPSWMSplComm, and @BangaloreMirror.

Vinod Jacob @vinodblru · 1d
The key is how to maintain infrastructure which is built and not waste tax payers money. We need to build operate and maintain not transfer accountability and see it fail.
@siddaramaiah
@DKShivakumar
@GBAChiefComm
@GBA_office
@BBMPSWMSplComm
@timesofindia
@BangaloreMirror Show more
New toilets? How about fixing old ones

'Caste census': Can participate online till Nov 30

The Karnataka State Commission for Backward Classes on Tuesday extended the deadline for those who couldn't participate in the Social and Educational Survey -- widely referred to as the "caste census" -- in the state for different reasons. They can enumerate online till November 30.

The actual survey, with enumerators gathering data door-to-door, had concluded on October 31, with an 89.48 per cent enumeration. About 4.22 lakh households had refused to participate in the survey.

However, in order to provide an opportunity to those who could not participate in the survey due to various reasons, the period for participating online was extended till November 10.

"In order to provide an opportunity to everyone to participate in the survey, the period for self-participation through the online link https://kscbcselfdeclaration.karnataka.gov.in, has finally been extended till November 30," the commission said in a release on Tuesday.

About 6.13 crore of the 6.85 crore projected population of the state, as per the 2025 estimates, had participated in the survey till October 31, and as many as 34.49 lakh households were either locked or vacant, as per the commission. PTI

Just 22 of 120+ species in region identified

CONTINUED FROM PAGE 1

with wild mushrooms, highlighting a potential erosion of traditional mycological knowledge in the younger population.

Despite the limited consumption, these mushrooms exhibited significant bioactive properties, revealing their potential for medicinal use.

Researchers cite that in a similar study, one hundred species of mushrooms were collected from the Northern districts of Baramulla and Kupwara in Kashmir Valley, and local inhabitants and herbalists could recognise 33 species for their medicinal and nutritional properties. These mushrooms were either used as ethnomedicines, functional food, or purely as a source of sustenance.

"This highlights the deep-rooted traditional knowledge about mushrooms and their importance in local health practices and diets. In contrast, the survey conducted in Bengaluru identified 22 mushrooms, of which only three were consumed by the local inhabitants. The findings show that while the mushroom diversity of Bengaluru is high, the pharmacological potential of these mushrooms is largely untapped. It highlights the importance of integrating cultural wisdom with modern science to fully realize the economic and medicinal value of mushrooms in the region," researchers have noted.

The limited number of edible mushrooms identified also emphasises the critical role of preserving traditional knowledge that guides the use of these natural resources while encouraging scientific exploration to expand the understanding of local mycoflora.

The study is conducted by researchers from the Department of Botany of the School of Life Sciences in St. Joseph's University.

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Sd/- D. LAKSHMAN, Advocate
For DLAW ASSOCIATES
No.87, "Shreshta Bumi",
U-203, 2nd Floor, K.R.Road,
Bangalore-560004.
Mobile: 98457 12345
E-mail: lakshmandodla@gmail.com
Place: Bangalore Date: 12.11.2025

ROUNAQH

personal

CHANGE OF NAME

I, ANANDA A, Father of SRINIDHI ANANDA, Residing at No. 40/2a, poornapragna Lyt, Vaddarapalya, BSK 5th Stg, Bangalore- 560061, have changed my minor daughter's name to SHREENIDHI ANANDA, vide affidavit dated 10/11/2025, sworn before notary Venkataraju H G, Bangalore.

I, Santhosh S/o narayanagowda R/o E606, Mudhayanapalya Gidada Konahalli B'lore-560091 have changed my name to Santhosh H N

I, ADITYA, S/o. MAHADEVAPPA S PATWARI, resident of No.9-12-533, 4th Cross, Vidya Nagar Colony, Bidar, Karnataka- 585 401, have changed my name to ADITYA MAHADEVAPPA PATWARI, vide affidavit dt: 11-11-2025 before notary Renuka C, B.lore.

I, RAMESH GOPALKRISHNA BHAT residing at 1878, Sri Vasudeva nilaya, 3rd floor, 3rd Main, 3rd Cross, MCECHS Layout, Dr SRK Nagar-560064. I have changed my name to RAMESH BHAT vide affidavit dated 10/11/2025 sworn before notary. T V Bhadravijaya Bengaluru

I, ANURADHA SURESH residing at Thovinakere, Collage Road, Koratagere, Tumakuru-572138. I have changed my name to ANURADHA D. Vide affidavit dated 10/11/2025 sworn before notary. T V Bhadravijaya Bengaluru

I, GAYATHRI RAJAPUTRA residing at 11, 1st Cross, 1st Main, Kodigehalli Main Road, Balaji Layout-560094. I have changed my name to K GAYATHRI. Vide affidavit dated 10/11/2025 sworn before notary. T V Bhadravijaya Bengaluru

I, NETHRA BAGURU VENKATESHA, Residing at No. 40/2a, Poornapragna Lyt, Vaddarapalya, BSK 5th Stg, Bangalore- 560061, have changed my name to NETHRA, vide affidavit dated 10/11/2025, sworn before notary Venkataraju H G, Bangalore

I, SHRIKRISHNA S UDUPA residing at 2113, Sobha HRC Prestine Apart Amruthahalli Mn Rd, Jakkur, Bengaluru-560064. I have changed my name to SRIKRISHNA S UDUPA. Vide affidavit dated 10/11/2025 sworn before notary T V Bhadravijaya Bengaluru

I, Tapashya Roy Choudhury D/o Monoj Roy Choudhury R/o No. 274, A-4,Fortuna Glade Apt, Block A, 4th floor, 5th main road, Vijaya bank layout, Bilekahalli, Bannerghata road, Bangalore-560076 I have changed my name from Tapashya Roy Choudhuri to Tapashya Roy Choudhury for all purpose.

WE, K M SADHASHIVAN and S KARTHIKHASREE, we are parents of minor child, Master ARUNVIDESH SADHASHIVAN, residing at E-899, 3RD MAIN ROAD, PRAKASH NAGAR, SRIRAMPURAM POST, BENGALURU 560021, hereby declare that in some of his documents our child's name has been mentioned as S. ARUNVIDESH, and in other records as ARUNVIDESH SADHASHIVAN. Both names refer to one and the same person. Vide affidavit dated 10/11/2025 sworn before notary, V.RANGA RAMU, Bengaluru

I, Shameen Banu, R/o no. 288, North Street, Neelasandra, Bengaluru - 560047, have changed my name to Shameem Banu for all purposes.

I Sachin Basavaraju S/o GV Basavaraju R/o Bengaluru, Karnataka have changed my name from Sachin B to Sachin Basavaraju for all future purposes

I, Deepu Dinesh Jain R/o no. 555, 9th main, near water tank, MC Layout, Vijaynagar, Bengaluru - 560040, have changed my name to Deepu Jain Amarchand for all purposes.

I, Jaykumar Govindrajan S/o Govindrajan.S R/o # 207/272, 10th Main, Narasipura Layout, Vidyaranyapura, Blore-560097 have changed my name to Jayakumar Govindrajan for all purposes.

I, Nandini N w/o Ashok R G R/o 1021/1344, 1st H main, 8th cross, 2nd phase, Girinagar, Bengaluru 560085 have changed my name to Nandini Ashok. Affidavit Dt.11/11/2025 notary Harisha G, B'luru

I, Mohammed Hesham swalesh Fairoz R/o No 2 No 20/7 chikk basti honnenahalli Ullalu Bengaluru 560110 Have changed my name to Mohammed Hesham swaleh for all Purposes

I, SHAHAN SYED, R/a No12D 1st Street, Shivaji Road Shivajinagar, Bangalore–51. I, have Changed my name to SHAHAAN SYED vide affidavit dated 10/11/2025 Sworn before Notary Meer Hassan Bangalore

I, Vishnu .E S/o Elumalai R/o # 638, 7th Cross, Kadshivanahalli Park, Yarabnagar, Bsk 2nd Stage, Bengaluru-560070 have changed my name to Vishnu Kumar for all purposes.

I, Abdul Khiyoom S/o Abdul Rehman R/o No 18/1, 15th Cross, AS Golden Paradise, Davis Road, Sagayapuram, lingarajapuram, Bengaluru-560084 have changed my name to Abdul Khaiyoom for all purposes

I, Ramachandrappa S/O, Kumarappa R/o Joladal, Channagiri Taluk, Davanagere Dist , Karnataka 577213 have changed my name to C V Ramachandrappa for all purposes.

Bennett & Coleman
THE TIMES OF INDIA

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I, SHAJAHAN and SHAHJAHAN, R/a No.30,2nd Main Road, 3rd Cross, Khushalnagar, KG Halli, Bangalore– 45. I, have Changed my name to SHAJAHAN AHMED Vide affidavit, dated 10/11/2025 Sworn before Notary Meer Hassan Bangalore

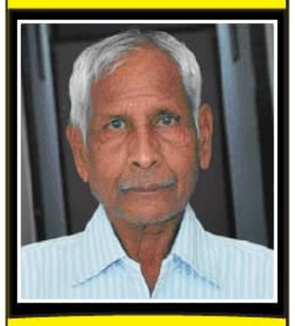
I, PADMAWATHY RAJESH residing at 325, MGV Homes Flat-3, 2/f, 4th Cross, BDS Layout, Hegdenagar-560077. I have changed my name to PADMAVATHY R. Vide affidavit dated 10/11/2025 sworn before notary. T V Bhadravijaya Bengaluru

I, ANANDA A, Father of RAGHU VEERA SAMARTHA ANANDA, Residing at, No. 40/2a, poornapragna Lyt, Vaddarapalya, BSK 5th Stg, Bangalore- 560061, have changed my minor son's name to RAGHUVEER SAMARTH GOWDA ANANDA, vide affidavit dated 10/11/2025, sworn before notary Venkataraju H G, Bangalore.

I, ANANDA A, Father of GOUTHAM ANANDA, Residing at, No. 40/2a, poornapragna Layout, Vaddarapalya, BSK 5th Stg, Bangalore- 560061, have changed my minor son's name to GOWTHAM ANANDA, vide affidavit dated 10/11/2025, sworn before notary Venkataraju H G, Bangalore.

MISSING

MISSING



I, Neelam Thakur, resident of # C-54, DLF Woodland Apartment, Rajpur Village, Jigani Hobli, Bangalore.
My father

KOOB CHAND THAKUR

Age : 75 years
Missing since : 12/02/2023
@ Jigani Hobli, Bengaluru

Round face, a normal build, white hair on his head, is wearing a white shirt, blue trousers, and speaks Hindi & English.

I have searched everywhere but have not found him.
I have filed a complaint with the police station on 13.08.2024

If he is found, please contact the above address or nearest Police Station or Call

7828599009

HEALTH TIP: Oats are a good source of fibre and slow-digesting carbohydrates that prevent sudden spikes in blood sugar

Pumpkin seeds are loaded with protein, zinc, and magnesium, which help improve metabolism and energy levels

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@BangaloreMirror

DON'T LOSE SLEEP OVER IT

Should you worry about melatonin and heart failure? The evidence isn't clear

A study presented at the American Heart Association's scientific meetings has raised concerns about melatonin, one of Britain's most commonly prescribed sleep aids.

The findings suggest that long-term users face a higher risk of heart failure. But the preliminary data demands careful scrutiny before the alarm is sounded.

Melatonin has been prescribed in the UK for nearly two decades, with 2.5 million prescriptions issued in England last year alone. The drug is a synthetic version of the hormone naturally produced in the brain – the so-called "hormone of darkness" that regulates our sleep–wake cycle.

For years, it's been considered safe for treating short-term sleep problems in adults and, under specialist supervision, for children with learning disabilities or ADHD.

The study, published only as a brief summary, analysed electronic health records of roughly 130,000 adults with sleep difficulties over five years – half of whom took melatonin and half of whom didn't.

People who took melatonin for at least a year were roughly three times more likely to be hospitalised with heart failure than non-users (19 per cent of people who took melatonin versus 6.6 per cent of people who did not).

Long-term users also faced higher rates of heart failure diagnosis and death from any cause.

The researchers attempted to balance their comparison by matching melatonin users with non-users across 40 factors, including age, health conditions and medications. Yet the study found only an association, not causation. This distinction matters. Correlation doesn't prove that melatonin caused heart failure.

The devil, as ever, lives in the missing details. Only a 300-word summary of the study exists so far, meaning crucial information – melatonin dosage, insomnia severity, lifestyle factors – remains unreported.

The study's methodology raises questions. It relied on electronic medical records rather than direct patient follow-up or interviews, which can leave gaps in the data.

The research drew from TriNetX Global Research Network, a large international database. But healthcare practices and record-keeping vary wildly between hospitals and nations, potentially skewing results.

In the UK, melatonin requires a prescription for specific conditions. But in the US, it's sold over the counter – purchases that are often not documented in medical records. This means some people categorised as non-users may actually have been taking melatonin, muddying the comparison.

The missing piece of the puzzle

Even assuming both groups were correctly identified and matched, a key question lingers: why did one group receive melatonin while the other didn't? Perhaps those prescribed the drug suffered more severe or disruptive sleep problems – symptoms that might reflect underlying health issues, including heart problems. If so, melatonin might simply be a marker of existing risk rather than the cause of it.

Intriguingly, previous studies in heart failure patients suggested melatonin may actually protect heart health by improving psychological wellbeing and heart function.

Other research indicated it could ease symptoms in people with heart failure and serve as a safe complementary therapy.

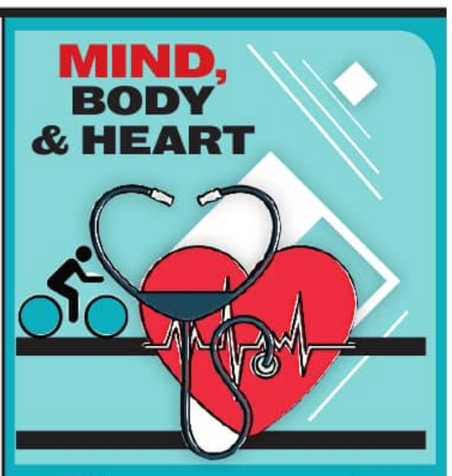
Since the study exists only as an abstract, it hasn't undergone peer review. And information on the study's methods and results remains limited. While the findings are noteworthy and raise legitimate questions about the long-term risks of using this supplement, they're far from conclusive. Further studies are needed to determine whether prolonged melatonin use affects heart health, and if so, how.

Doctors face a familiar balancing act: weighing treatment benefits against potential risks. Poor sleep doesn't just affect the heart; it's linked to problems with metabolism, mental health and the immune system, among others.

Doctors typically start with lifestyle changes, better sleep habits and talk therapy. But when these fail to improve sleep quality, short-term medication may be necessary to restore healthy patterns and prevent further health complications.

The melatonin story isn't over. It's just beginning. Until fuller evidence emerges, panic seems premature.

(By Heba Ghazal, Kingston University, The Conversation)



All you need to know about...

Best time for green tea

Morning
Early in the morning, your energy might be low. While coffee is a common choice, green tea is a gentler, healthier way to start your day.
Benefits: Contains a modest amount of caffeine for a smooth, steady energy boost. Helps you feel alert without the spike and crash from stronger caffeinated drinks. Rich in catechins, antioxidants that kick start metabolism and support calorie burning.
Tip: Wait 30–60 minutes after waking up before sipping, drinking green tea immediately on an empty stomach can overstimulate acid production and cause discomfort.

Between Meals
Drink green tea between meals, ideally mid-morning or mid-afternoon. When your stomach isn't busy digesting food, your body can absorb catechins, the main antioxidants in green tea, more efficiently.
Benefits: Fight free radicals: Catechins will help protect your cells from damage.
Support metabolism: Green tea can gently boost calorie burning.
Fat burning: Helps your body use stored fat more effectively.
Tip: Avoid drinking green tea immediately after meals. The tannins in tea can bind with iron and other minerals in your food, reducing how much your body absorbs.

Early Evening
Drinking a cup of green tea 30–60 minutes before exercise can help your body burn fat more efficiently while giving you energy.
Benefits: Supports endurance: The combination of caffeine and antioxidants helps you stay focused and energized.
No jitters: Provides a smoother energy lift compared to stronger caffeinated drinks.
Healthy alternative: Low in calories and natural, making it better than pre-workout supplements or energy drinks.
Whether you're hitting the gym, or doing yoga, a pre-exercise cup of green tea can subtly enhance your performance. —Femina

MIRRORLIGHTS

Scientists find brain chemical tied to trauma and depression

Researchers identified SGK1 as a key chemical connecting childhood trauma to depression and suicidal behaviour.

High SGK1 levels were found in the brains of suicide victims and in people with genetic variants linked to early adversity. Drugs that block SGK1 could offer a new kind of antidepressant, especially for patients resistant to SSRIs.

Neuroscientists from Columbia University and McGill University have identified a brain chemical that appears to drive depression and suicidal thinking in individuals who faced trauma or hardship during childhood.

The researchers found that high levels of a stress-related protein called SGK1 are closely associated with depression among people who endured early-life adversity. This discovery opens the door to a new type of antidepressant that blocks SGK1 activity and may be more effective for people who were neglected or abused as children.

Studies show that about 60% of adults in the United States diagnosed with major depression and roughly two-thirds of those who attempt suicide experienced some form of trauma or adversity during childhood.

"Current antidepressants are often less effective for people with a history of childhood adversity, who represent a large proportion of adults with depression," says the study's lead author, Christoph Anacker, assistant professor of clinical neurobiology in the Department of Psychiatry at Columbia University Vagelos College of Physicians and Surgeons. "What's exciting about our study is that it raises the prospect of quickly developing new treatments, as SGK1 inhibitors are in development for other conditions, and gives us a screening tool to identify people at greatest risk."

Why Depression After Early Trauma May Be Different
Childhood adversity (such as physical abuse or growing up in a dysfunctional family) is one of the strongest predictors of depression in adulthood.

While common antidepressants like SSRIs are helpful for many people, they are less effective for those who experienced early trauma. "This suggested to us that the biological processes that lead to depression and suicidality in general may differ from those with less stressful childhoods," Anacker explains.

Around ten years ago, Anacker's team discovered unusually high levels of SGK1 -- a stress-responsive protein -- in the blood of unmedicated patients with depression.

Evidence of SGK1's Role in Depression and Suicide
In the latest research, the scientists examined the brains of adults who had died by suicide and found elevated SGK1 levels. Those who had suffered childhood trauma showed the highest concentrations, up to twice as much as others who had also died by suicide.

—ANI

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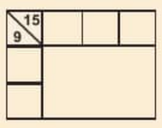
SOLVE IT IN A MINUTE

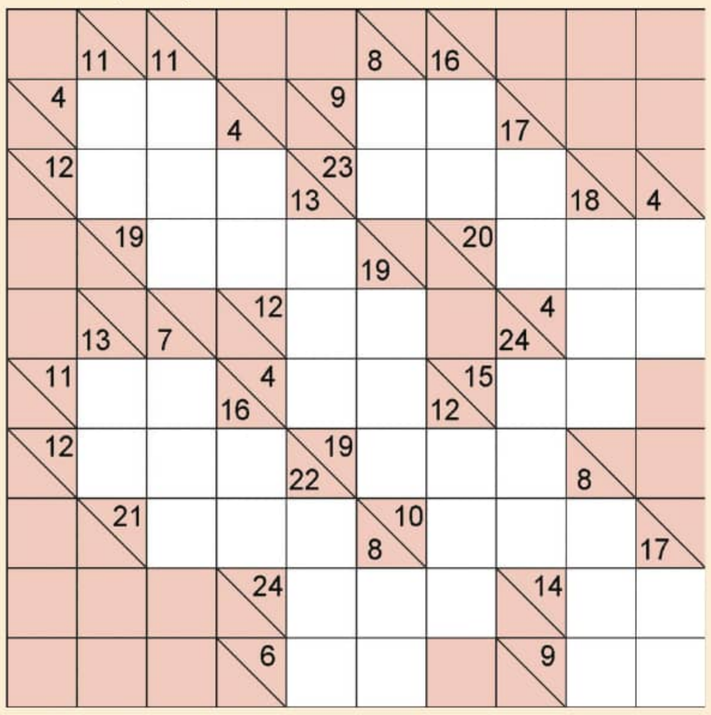
In 10 years Bill's age will be 5 years more than Joe's present age and Joe's age will be 5/4 times his present age. How old are they now?

Kakuro

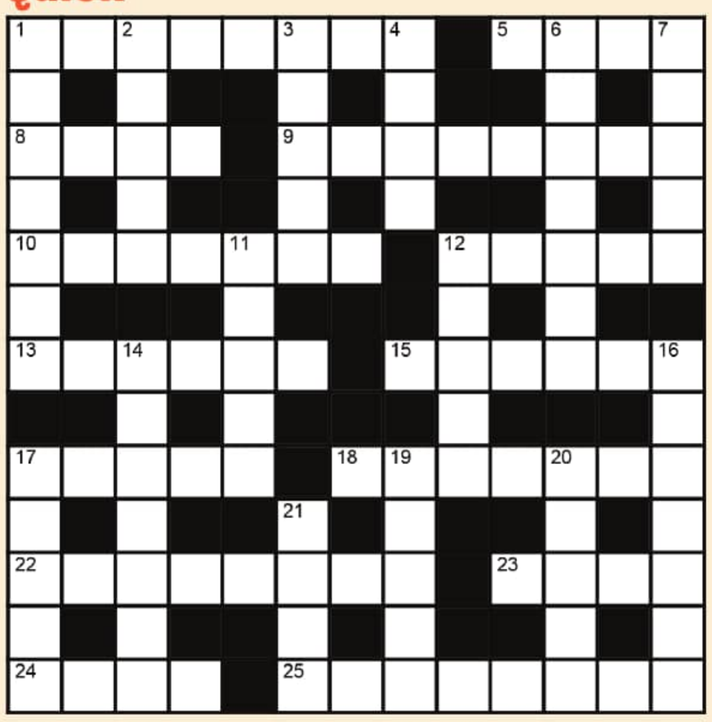
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Vertical supports (8)
5 Junkie (4)
8 English exclamation (1,3)
9 Gagged or muffled (8)
10 Takes a breath (7)
12 Savage (5)
13 Shouted (6)
15 Adieu (3-3)
17 The magistracy (5)
18 First caliph of Mecca (3,4)
22 Conceal; slow down the progress of (4,4)
23 1760 yards? (4)
24 Snack from the South (4)
25 Travel document (8)

DOWN

1 ___ Building: Skyscraper on M G Road (7)
2 Arrive at (5)
3 Hurry (5)
4 Peddle or vend (4)
6 Buckle under (7)
7 Elevated line (5)
11 Parasite (5)
12 Marshy tributary (5)
14 Cavalrymen–"Len's car" anagram? (7)
16 Spookiest (7)
17 Cooked in an oven (5)
19 Motorcycles informally (5)
20 ____ acids : main ingredients of proteins? (5)
21 Distort (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: V EQUALS N

VG IZNKA INVRLE XKE NQNZ NJREANP YRAXGLA EGFN AGLDX GT FKPVNEE.

Linemaro

Does your dad sell diamonds? You're flawless!

Mindchow

It is easier to perceive error than to find truth, for the former lies on the surface and is easily seen, while the latter lies in the depth, where few are willing to search for it

Joke of the day

Confucius say... giraffe reunion is called necks of kin

Loop

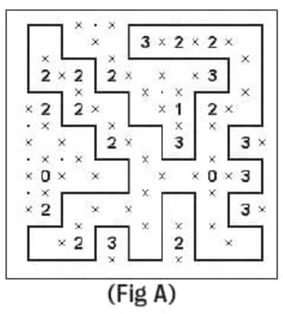
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

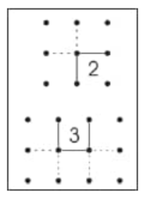
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

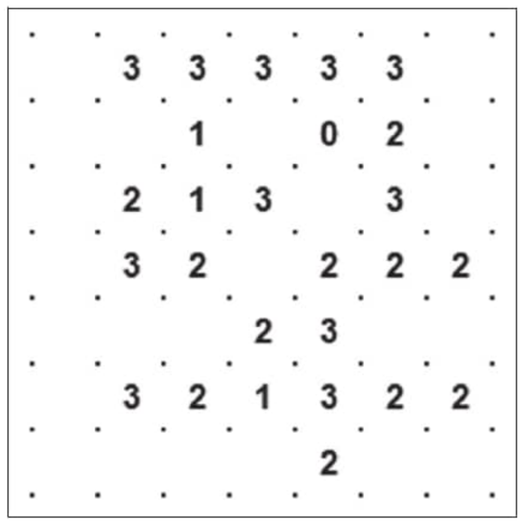
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



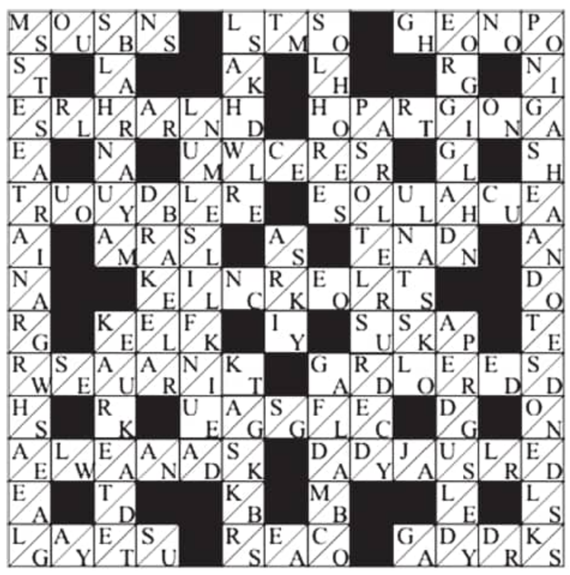
(Fig A)



(Fig B) Not Allowed



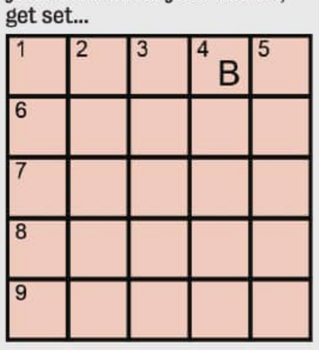
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

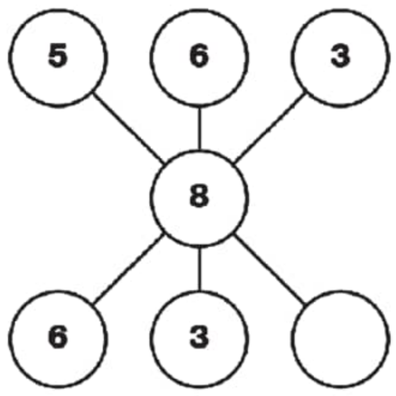
1 SL bus; 6 Act up;
7 Ranet; 8 Is are;
9 April

DOWN

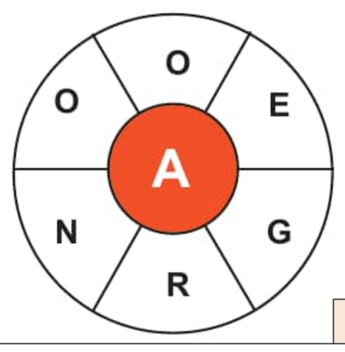
1 Scrap; 2 Liana;
3 Lit up; 4 Us bar;
5 Terse

Mensapuzzle

Which number replaces the blank and completes the sequence?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 12 Good; 14 Outstanding

SudokuChallenge

9	2						5	6
		3	9		5	1		
	4						2	
2			8		7			3
			3		1			
1			2		4			9
	5						7	
		8	4		9	2		
3	7						9	1

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

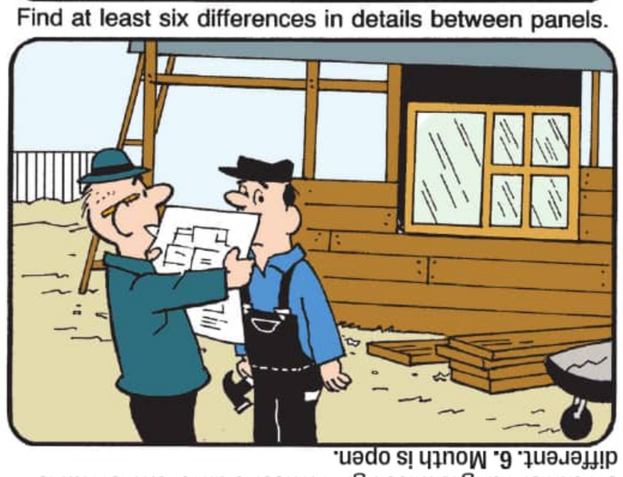
Easy = 12
4 8 9 9

Medium = 5
4 4 5 9

Hard = 19
1 2 2 5

Hocusfocus

Find at least six differences in details between panels.



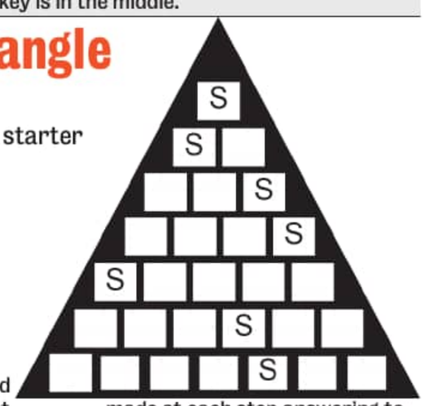
Differences: 1. Window is reversed. **2.** Board is missing. **3.** Ladder rung is missing. **4.** Wheel is different. **5.** Hat is different. **6.** Mouth is open.

Riddler

After recent events, Question Mark is annoyed with his brother, Check Mark. Check thought it would be funny to hide Question's wallet. He told Question that he would get it back if he finds it. So, first off, Check laid five colored keys in a row. One of them is a key to a room where Check is hiding Question's wallet. Using the clues, can you determine the order of the keys and which is the right key? Red: This key is somewhere to the left of the key to the door. Blue: This key is not at one of the ends. Green: This key is three spaces away from the key to the door (2 between). Yellow: This key is next to the key to the door. Orange: This key is in the middle.

Alpha triangle

1 Sulphur symbol
2 Thus
3 Angeles or Lobos starter
4 Records events
5 Toils
6 Highly polished
7 Extremely



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye

I BROUGHT SWEE'PEA A LOLLIPOP!
ONE AIN'T ENOUGH!
ONE IS ALL A CHILD SHOULD HAVE!
OKAY! YOU GIVE IT TO HIM!
2-11
popeye.com
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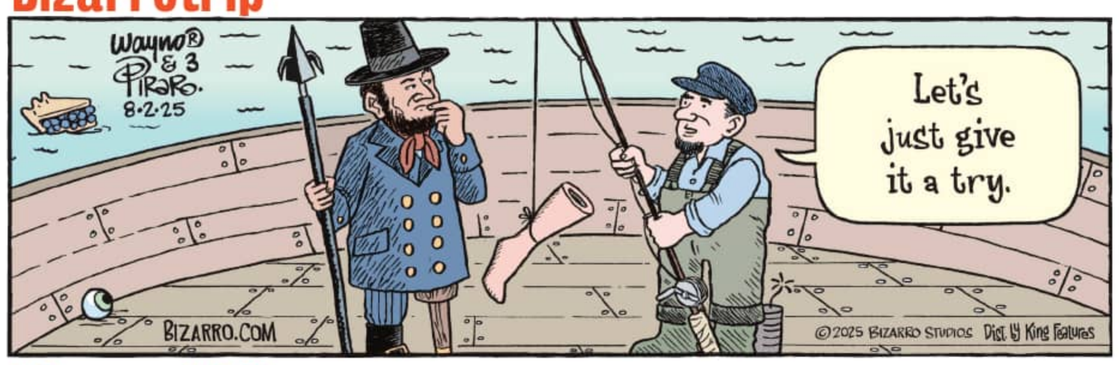
Bizarrotrip



Diamond Lil

HEY, SURLI, CAN YOU SHOW ME THE PATH TO TRUE HAPPINESS?
OK, HERE'S WHAT I FOUND...
THAT'S A PATH LEADING OFF A CLIFF!
OH, YOU MEANT YOUR HAPPINESS
©2025 creators.com 7/14
www.creators.com

Hart of the city

DIRECTOR RICHARDSON, CAN I DIRECT THIS SUMMER'S PLAY?
DIRECT? DON'T YOU WANT TO ACT?
I DO, BUT I WANT TO GIVE DIRECTING A TRY. SOME SAY ACTORS ARE THE BEST DIRECTORS.
CAMP YOUTH ACTORS IN NEBRASKA HAS A CAMPER DIRECT EVERY OTHER YEAR, AND THEY GET A TON OF GRANTS.
YOU'RE HIRED.
HEART OF THE CITY © 2025 AUDREYS MCNEEL
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

THIS IS WHAT YOU NEED, ED!
SO HOW DOES MY NEW BALL CAP LOOK?
PERFECT!
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BATIUK & DAVIS tombatiuk.com/books
8-2

Mutts

WRITTEN IN THE STARS

Dr SUNDEEP KOCHAR

If it's your birthday today

Your high emotional intelligence drives your career success, especially in fields focused on helping others. Finances remain steady; start a dedicated savings plan for future international travel. Love is complex but very rewarding; clear boundaries are absolutely essential for success. Family communication is highlighted, leading to much deeper, meaningful conversations.

Aries Mar 21 – Apr 20
Approach today with quiet courage and steady resolve. Recognise your worth. Financial relief or support may arrive. Use newfound insights for long-term planning and creative solutions to move forward confidently.

Taurus Apr 21 – May 20
If in transition, step back and see the bigger picture. Trust intuition toward positive outcomes. Weigh sudden offers carefully, read the fine print, and let luck enhance passionate, inspired choices.

Gemini May 21 – Jun 21
Confront fears and choose progress over stagnation. You 're protected during emotional healing, so plant seeds for future growth now. Courageous action transforms pain into opportunity and keeps life moving forward.

Cancer Jun 22 – July 23
Be patient for this relationship's arrival; make space and trust. Stay present and focused on goals; breakthroughs may align with your heart when you return to simple, steady practices.

Leo Jul 24 – Aug 23
Face fears and avoid over-committing. Projects from months ago near completion. Rekindle distance with optimism, trust instincts, and act confidently, boldly; ignore distractions and let your natural charisma guide the way.

Virgo Aug 24 – Sep 23
Prioritise joy today and celebrate small victories. You've released burdens; now accept fresh opportunities, new connections, and resources. Embrace this optimistic outlook and remember you deserve success and happiness and abundance.

Libra Sep 24 – Oct 22
You're transforming through detox and self-love. Redefine your creative aims, heal your heart, and pair vision with practical steps. Courageously leave comfort, take incremental action, and welcome significant shifts now.

Scorpio Oct 23 – Nov 22
Cultivate quiet confidence over pride. Mind your words and contracts as Mercury retrograde may cause miscommunication. Practise patience instead of impulsivity; thoughtful restraint preserves clarity and pre prevents avoidable mistakes today.

Sagittarius Nov 23 – Dec 22
Slowdown as emotions intensify; practise gratitude to centre yourself. Hidden blessings and opportunities surround you; remain present fully. Your transformative season prepares you to shine when the time is right.

Capricorn Dec 23 – Jan 20
Act boldly and trust the universe, Capricorn. Invest in yourself and community, release fear, and allow growth. Opportunities to receive support will come as you commit to nurture and faith.

Aquarius Jan 21 – Feb 19
Visualise goals and gather tools for the path ahead. Release limiting fears. Stay focused and gentle and prepare to act soon; expect a meaningful opportunity to emerge within the coming week.

Pisces Feb 20 – Mar 20
Draft a basic action plan and begin taking steps toward – success. Apply lessons learned, release what's unhelpful, honour emotions, and communicate clearly today. Positive momentum builds with consistent, intentional effort.

www.sundeepkochar.com

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Mugdha, Bengaluru

Sadhvi, Bengaluru

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Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
x = Joe's present age
x + 10 = 5/4 x
– 1/4 x = –10
x = 40 Joe's present age: In 10 years Bill will be 45 and Joe will be 50. Presently, Bill is 35 and Joe is 40

RIDDLER
The order (from left to right) is Green, Red, Orange, Blue, Yellow. The blue key is the key to the door.

FAST FIVE

S	L	U	B	S
C	A	P	U	T
A	N	T	R	E
R	A	I	S	E
P	I	L	A	R

QUOTE UNCODE
No great genius has ever existed without some touch of madness.

STRIKE OUT

L	Y	E	S	S	A	O	A	D	D	S				
E	T		K		M		E		S					
H	R	E	A	G	L	E	J	U	R	E				
W	E	A	R	I	T	A	D	O	R	E	D			
G	K	E	F	Y	U	S	A	E		D				
N		K	I	C	K	E	R	S		A				
I	M	A	L	S	T	A	N		A					
R	O	U	B	L	E	S	O	L	A	C	E			
E	N	U	L	C	E	R	G	H						
E	R	R	A	N	D	O	P	T	I	N	G			
T	A		A	H		R		I						
S	U	B	S	L	M	S	H	O	O	P				

QUICK

T	O	P	I	G	H	T	S		U	S	E	R		
E		R		R		E		N		S				
K	E	E	P	B	A	C	K		M	I	L	E		
A		C		W		I		M		I				
B	E	N	C	H		A	B	U	B	A	K	R		
		A		C			O					E		
Y	E	L	L	E	D		B	Y	E	B	Y	E		
T		E				A		M						
I	N	H	A	L	E	S		B	R	U	T	E		
L		C		T		L			C		G			
I	S	A	Y		S	I	L	E	N	C	E	D		
T		E		A		E		U		I				
U	P	R	I	G	H	T	S		U	S	E	R		

ALPHA TRIANGLE
S, So, Los, Logs, Slogs, Glossy, Grossly.

GO FIGURE
Easy
4 – 9 + 9 + 8 = 12
Medium
5 – 4 x 9 – 4 = 5
Hard
2 + 2 x 5 – 1 = 19

SUDOKU

3	7	2	5	8	6	4	9	1
6	1	8	4	7	9	2	3	5
4	5	9	1	3	2	6	7	8
1	3	7	2	5	4	8	6	9
5	8	6	3	9	1	7	4	2
2	9	4	8	6	7	5	1	3
8	4	5	6	1	3	9	2	7
7	6	3	9	2	5	1	8	4
9	2	1	7	4	8	3	5	6

MENSA PUZZLE
1. Taking the top and bottom lines separately, add the left and centre numbers, then subtract the right hand number to give the figure in the middle.

BULL'S EYE
aeon, anger, argon, earn, gear, groan, near, orange, roan, OREGANO, organ, rage, rang, range,

LOOP

KAKURO

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 # Betting app case — Actor Vijay Deverakonda questioned by SIT in Telangana in connection with the online betting app cases

Shut the Ozempic talk

Tamannaah talks about changes in women's bodies, says her curves here to stay

Tamannaah Bhatia's recent physical transformation in her song 'Ghafoor' from Aryan Khan's debut web series 'The Ba***ds of Bollywood' set social media buzzing. While some trolls linked her new look to Ozempic, fans have praised her confidence. The actress has now reacted to the chatter.

Speaking to Harper's Bazaar India, the actress explained she has always had a slender frame. She shared, "I have been in front of the camera since the age of 15 and people have seen me grow up in front of the camera, so there is nothing to hide. Till my late 20s I was a slender body type. That was always my body. This body in which I am right now is technically not new to me. I have grown up like this, and I have stayed like this."

Tamannaah also opened up about the challenges of maintaining her weight during the Covid period. She said, "For me, Covid hit my body hard and it became difficult to keep my body in the same weight as it was in my 20s. I struggled with it. I love food, I love to eat my rice, roti, dal."

> "I've been in front of the camera since I was 15 and people've seen me grow up

Addressing the rumours about Ozempic, Tamannaah spoke about how women's bodies naturally change. She said, "But inflammation is real. Any woman who is going through the cycle, she feels like her body is shifting. I went through the same in my early 30s and my curves are not going anywhere. My curves are not going anywhere because I am Sindhi. That hip and waist are not going anywhere because that is bone structure..."

— ETimes

Emotions run high as Dharmendra in hospital

Hema Malini appeared visibly upset when she was seen outside Breach Candy Hospital in Mumbai, where her husband, veteran actor Dharmendra, is admitted. She was accompanied by her daughter, Esha Deol, as the two sat together in the car.

The pictures and videos of them were shared by Viralbhayani on Instagram, and fans flooded the comments with messages of support, prayers, and well-wishes for Dharmendra's speedy recovery.

Earlier on Tuesday morning, Hema Malini took to X to slam the reports about Dharmendra's demise. She wrote, "What is happening is unforgivable! How can responsible channels spread false news about a person who is responding to treatment and is recovering? This is being extremely disrespectful and irresponsible. Please give due respect to the family and its need for privacy." Her daughter, Esha Deol, also clarified on Instagram, "My father is stable and recovering. We request everyone to give our family privacy..."

— IANS

Janhvi, Shikhar's photo steals attention

Producer Boney Kapoor clocked the big 70 on the 11th of November. On account of his big milestone, the producer celebrated his birthday with his family members and loved ones in attendance, and pictures from his intimate celebrations have gone viral on social media.

Anshula Kapoor, daughter of Boney Kapoor, recently shared a series of pictures as well. A picture from the series features brothers Sanjay Kapoor, Anil Kapoor, and Boney Kapoor, along with Anshula Kapoor and Arjun Kapoor. But what has caught the attention of viewers is Janhvi Kapoor and Shikhar Paharia's brewing romance in the picture. The lovebirds are seen posing to get clicked, and Shikhar, who is seen standing behind Janhvi, hugs her adorably. The actress is also seen holding his arms with a lot of affection. Janhvi kept it casual yet chic in her lavender fur jacket and a simple white top and pants. The lovebirds have never shied away from media glare in showing their affection for one another.

— IANS

King of Pop back in Top 10

Michael Jackson is back on the chart, proving once again why he is called the 'King of Pop'.

As per the latest reports, Jackson's 'Thriller' has bagged the No. 10 position after the 2025 Halloween season. The milestone has once again cemented Michal Jackson's musical legacy, with 'Thriller' making him the first-ever artist to achieve top 10 hits in six different decades (the 1970s, 80s, 90s, 2000s, '10s and now '20s), as per Billboard.

Rising from No. 32, the song has gone to the No. 10 spot on the Billboard Hot 100, granting him a new chart longevity record. In doing so, Jackson has surpassed Andy Williams, who, until his demise, held top 10 placements across five decades.

In November 1971, Michael Jackson entered the Hot 100 top 10 as a solo artist with 'Got to Be There'. In his celebrated career, Jackson earned a total of 30 top 10 hits, whereas 13 were No. 1s.

Until the 'Thriller' milestone, his last top 10 came posthumously as a feature on Drake's 'Don't Matter to Me' in 2018.

The surprise resurgence happened at a time when the trailer of Antoine Fuqua-directed biopic, 'Michael', was set to hit theatres on April 24, 2026. The film will explore the superstar's journey into becoming the King of Pop.

— ANI

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Love OTP on Friday

Love OTP, a bilingual movie, directed by Aniissh and produced by Vijay M Reddy under the Bhavaprita Productions, is scheduled for release on Friday.

Love OTP is Aniissh's second film as a director and 14th movie as a hero.

"OTP is short for One Time Password but the word (OTP) but in the title of the movie, it means Over Torture Pressure. I wrote the script based on the behaviour of the current generation and parents' opinion on their children's relationships. The current generation is known for feeling frustrated or tortured about everything. They feel frustrated if their phone calls are not answered. I am sure audiences feel happy or connect with the movie while watching it at theaters," said Aniissh.

The director-cum-hero said the shooting for the two versions - Kannada and Telugu - was held simultaneously.

"I assure the audiences that Love OTP will provide wholesome entertainment. They will go home with the feeling of having watched a good movie. The movie has two heroines but it is not a love triangle. Its screenplay is different. The hero has to adapt himself with two heroines and convince his father who disapproves of love marriages," he said. The movie features Swaroopini, Jahnavika Kalakeri, Tulasi Shivamani, Rajeev Kanakala, Chetan Gandharva.

Teaser out

The team of Ugra Tandava was excited about the release the movie's teaser at Chamundeshwari Studios on Wednesday. The movie's shooting is expected to begin shortly in Malnad. The movie is about politics, mafia and tussle between zamindars and workers in the coastal region. Social worker and realtor Dr N Narasimhamurthy is bankrolling the movie under the Surabhi Films banner while Gautham Surya is the director.

Appreciating the teaser, Narasimhamurthy said he has full confidence in the director's hard work. "The movie revolves around a village that is known for politics, mafia and atrocities on weaker sections. How the hero faces all the problems is what Ugra Tandava is all about.

I had bankrolled a movie and incurred a huge loss a few years ago. Ugra Tandanda is my second film as a producer. I plan to bankroll good movies," he said.

Gautam Surya debuts as a director with this movie. "I worked as an assistant for directors Dinesh Baboo, P Vasu and others. I thank producer Narasimhamurthy and hero Chiranth for giving me an opportunity to direct this movie," he said.

Chiranth said Ugra Tandava has all the elements to entertain the audiences.